



# Covenant School of Rio Rancho- May 2022 Menu

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<b>WEEK 1</b>					
<b>Breakfast</b>	Yogurt Parfaits with Blueberries & Milk	Bagels and Cream Cheese, Bananas & Milk	Cereal, Bananas, & Milk	Waffles, Fruit, & Milk	English Muffins, Jelly, & Milk
<b>AM Snack</b>	Carrot Sticks & Ranch	Pretzels & Cheese	<b>Orange Juice</b> & Goldfish	Animal Crackers & Bananas	Yogurt & Blueberries
<b>LUNCH</b>	Hamburgers, Chips, Pickles, Fruit, & Milk	Pasta in Alfredo Sauce with Peas, Fruit, & Milk	Italian Pasta Salad with Cheese, Tomatoes, Spinach, & Ham, Fruit, & Milk	Ham & Salami <b>Hoagies</b> with Cheese, Lettuce, Fruit, Chips, & Milk	Hamburger Vegetable Soup with Rice, Fruit, & Milk
<b>PM Snack</b>	Jell-O & Fruit	Blueberries & Animal Crackers	Oreos & Milk	Cucumbers & Saltines	Pretzels & Cheese
<b>WEEK 2</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Breakfast</b>	<b>Assorted Muffins</b> & Milk	Cereal, Fruit, & Milk	Cream of Wheat, Fruit, & Milk	Waffles, Blueberries, & Milk	Buttermilk Biscuits, Jelly, Fruit, & Milk
<b>AM Snack</b>	Orange Juice & Pretzels	Applesauce & Saltines	Animal Crackers & Bananas	Yogurt & Graham Crackers	Animal Crackers & Fruit
<b>LUNCH</b>	Chicken Fajitas (Chicken, Onions, and Bell Peppers), Tomatoes, Cheese, & Milk	Ham Sandwiches, Pickles, Chips, Peaches, & Milk	Macaroni and Cheese with Peas, Fruit, & Milk	Tater-Tot Casserole with Beef, Cheese, and Mixed Vegetables, Peaches, & Milk	Chef Salad with Ham, Cheese, & <b>Croutons</b> , Pineapple, & Milk
<b>PM Snack</b>	Tortillas & Jelly	Jell-O & Fruit	Pretzels & Cheese	Saltines & Cheese	Marshmallows & Pretzels
<b>WEEK 3</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Breakfast</b>	Cream of Wheat, Fruit, & Milk	Toast with Jelly & Milk	Cereal, Fruit, & Milk	Bagels, Jelly, & Milk	Blueberry Oatmeal & Milk
<b>AM Snack</b>	Crackers & Cheese	Goldfish & Juice	Pitas & Hummus	Carrot Sticks & Ranch	Yogurt & Animal Crackers
<b>LUNCH</b>	<b>BBQ Pork</b> , Rolls, Baked Beans, Fruit, & Milk	Taco Salad (Tortilla Chips, Lettuce, Beans, Tomatoes), Fruit, & Milk	Chicken Noodle Soup with Mixed Veggies, Fruit, & Milk	Spaghetti in Marinara Sauce, Salad, & Milk	<b>Mini Pizzas</b> , Salad, Fruit, & Milk
<b>PM Snack</b>	Jell-O & Fruit	Pretzels & Cheese	Oreos & Fruit	Oranges & Crackers	Bananas & Graham Crackers
<b>WEEK 4</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Breakfast</b>	Cinnamon Raisin Bagels & Milk	Waffles, Fruit, & Milk	Blueberry Muffins & Milk	Cereal, Fruit, & Milk	French Toast Sticks, Fruit, & Milk
<b>AM Snack</b>	Animal Crackers & Fruit	Salami & Crackers	Juice & Goldfish	Berries & Crackers	Yogurt & Pretzels
<b>LUNCH</b>	Turkey Sandwiches, Chips, Pickles, Fruit, & Milk	Bean Soft Tacos, Corn, Peaches, & Milk	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Penne Pasta Alfredo, Peas, Fruit, & Milk	Chicken & Rice Soup with Mixed Veggies, Fruit, & Milk
<b>PM Snack</b>	Marshmallows & Pretzels	Jell-O & Fruit	Oranges & Vanilla Wafers	Carrot Sticks & Ranch	Vanilla Pudding & Oranges
<b>WEEK 5</b>	<b>30</b>	<b>31</b>			
<b>Breakfast</b>	<div style="text-align: center;"> <p style="color: red; font-weight: bold; font-size: 1.2em;">Closed for Memorial Day!</p>  </div>	Waffles, Blueberries, & Milk	<b>National Holidays:</b>		
<b>AM Snack</b>		Crackers & Cheese	<b>4th: Orange Juice Day</b>		
<b>LUNCH</b>		Salami Sandwiches, Pickles, Peaches, & Milk	<b>5th: Hoagie Day</b> <b>9th: Muffins for Mom</b> <b>13th: Crouton Day</b>	<p style="font-size: 1.1em; font-style: italic;">Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity - 1 Timothy 4:12</p>	
<b>PM Snack</b>		Goldfish & Juice	<b>16th: BBQ Day</b> <b>20th: Pizza Party Day</b>		